

## TENNESSEE WIC FOOD LIST FOR OCTOBER 1, 2012 – SEPTEMBER 30, 2014

ALWAYS CHECK FOOD INSTRUMENTS (FIs) FOR ALLOWED SIZES AND QUANTITIES AND CASH VALUE VOUCHERS (CVVs) FOR MAXIMUM DOLLAR AMOUNT.  
FIs AND CVVs CAN ONLY BE USED IN THEIR VALID MONTH.  
THE FOODS FOR FIs AND CVVs MUST BE SEPARATED AND RUN AS SEPARATE TRANSACTIONS.

### MILK

Gallon sizes of any brand in reduced fat, low fat, fat free or sweet acidophilus  
Allowed when on FI:  
Whole milk  
Lactose Reduced or Lactose-Free: Largest available size including quarts or half-gallon  
Ultra High Temperature (UHT)  
Non fat dry powdered milk  
Goat's milk  
Evaporated milk (including low-fat)  
Buttermilk (including low-fat)  
No chocolate milk or non-dairy beverages (except when soy beverage is on FI)  
None labeled organic

### CHEESE

8 or 16 oz package of approved varieties in store or private label brand (unless none carried)  
Mozzarella  
Cheddar  
Colby  
Monterey Jack  
Process American  
Includes:  
Block (Cabot brand allowed when on FI)  
Slices (includes individually wrapped that is not cheese food, product or imitation)  
String or Sticks  
Blends (of approved varieties)  
Low, free, reduced, less or light in sodium, fat or cholesterol  
No shredded or cubed cheeses  
No imported, flavored or smoked cheeses  
No added ingredients or seasonings  
No cheese foods, spreads, products or imitation cheeses  
No cheese from deli or cheese shop, unless not sold elsewhere in store  
None labeled organic

### EGGS

Dozen carton, Grade A Large White eggs  
No brown or specialty eggs (including those labeled organic)  
No dried eggs mix  
No hard boiled eggs

### DRIED BEANS/PEAS

16 oz bag of plain dry beans, peas or lentils  
None with seasoning packets  
None labeled organic

### CANNED BEANS

15-16 oz cans of plain beans  
Includes garbanzo beans/chick peas, crowder peas and purple hull peas  
Added sugar allowed  
Reduced sodium allowed  
No green peas, green beans or wax beans  
No added meat, sauces, or spices  
None labeled organic

### PEANUT BUTTER

16-18 oz jar in glass or plastic  
Smooth or crunchy  
Refrigerated or non-refrigerated  
Regular or reduced sodium  
Added vitamins allowed  
No reduced fat or peanut butter spreads  
No added jelly, honey or store ground  
None labeled organic

### MILK SUBSTITUTES

**TOFU** (allowed when on FI)

The following Nasoya brand products in 14-16 oz packages (including organic):

Firm, Extra Firm, Firm Tofu Plus and Silken

**SOY BEVERAGE** (allowed when on FI)

The following brands and flavors (including organic):

Pacific Natural – Ultra Soy Original, Ultra Soy Vanilla (non-refrigerated quarts)

8th Continent – Soymilk Original, Soymilk Vanilla (refrigerated half-gallons)

### JUICE

Allowable size(s) will be on FI

46-48 oz can or plastic in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Campbell's Tomato Juice – Regular

Dole – Pineapple

Juicy Juice – All flavors

Lucky Leaf – Apple

Northland – Cranberry

Red Gold – Fresh Squeezed Tomato Juice

Seneca – Apple

White House -- Apple

V8 100% Vegetable Juice – Regular, Essential Antioxidants, High

Fiber, Low Sodium

Welch's – Grape, White Grape

11.5/12 oz Frozen in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Dole -- Pineapple

Old Orchard – Apple

Seneca -- Apple

Welch's – Grape, White Grape

Welch's White Grape Blends – Cranberry, Peach, Pear, Raspberry

64 oz plastic bottle in these varieties:

Any brand of Orange or Grapefruit (White, Ruby Red, or Pink) labeled 100% juice and at least 120% Vitamin C

Campbell's Tomato Juice – Regular, Low Sodium

Juicy Juice – All flavors

Langer – Apple, Pineapple

Lucky Leaf – Apple

Mott's – Apple Original

Northland – Cranberry, Cranberry/Pomegranate

Old Orchard – Apple, Blueberry/Pomegranate

Seneca -- Apple

V8 100% Vegetable Juice – Regular, Low Sodium

Welch's – Grape, Red Grape, White Grape

White House – Apple

For All Juices:

Calcium fortified is allowed

No bottled or carton from dairy case

No fruit drinks or juice cocktails

No sweetened

No added spices

None labeled organic

**CANNED FISH**

Chunk light tuna in 5-6 oz cans  
 Pink or red salmon in 14.75 oz cans  
 Sardines in 3.75 oz cans (may include tomato or mustard sauce)  
Any of the above may be:  
 Any brand  
 Oil or water packed  
 With bones or skin  
 Regular or low sodium  
 No albacore tuna  
 No smoked products  
 None labeled organic

**WIC CASH VALUE VOUCHERS (CVVs)****WHAT IS ALLOWED**

Fresh whole or cut fruit without added sugars  
 Frozen fruits without added sugars  
 Fresh whole or cut vegetables without added sugars, fats, oils, herbs or spices  
 Frozen vegetables without added sugars, fats, oils, breading, herbs or spices in regular or low sodium  
 Orange yams and sweet potatoes in fresh or frozen  
 Broccoli, cauliflower and artichokes (no edible blossoms or flowers, e.g. squash blossoms)  
 Organic fruits and vegetables that meet the other requirements

**WHAT IS NOT ALLOWED**

Not to be used for juices, dried beans or peas (must be purchased with FIs)  
 No white potatoes  
 No dried fruits or vegetables  
 No ketchups or other condiments, pickled vegetables or olives  
 No soups  
 No fruit leathers or fruit roll-ups  
 No bundled herbs or spices  
 No vegetable-grain (pasta or rice mixture), breaded vegetables or creamed or sauced vegetables  
 No fruit/nut mixture, fruit basket, party trays, or fruits or vegetables from salad bar  
 No peanuts  
 No ornamental or decorative fruits or vegetables (e.g., chili peppers on a string, garlic on a string or gourds)  
 No baked goods (e.g., blueberry muffins)

**INFANT FORMULA**

Brand, type and quantity listed on the FI

**INFANT CEREAL**

Any grain (including whole wheat/whole grain)  
 8 oz box of Beechnut or Gerber  
 None with infant formula or milk  
 None with fruit or other non-cereal ingredients  
 None labeled organic or with DHA/ARA

**INFANT VEGETABLES - Stage 2 or 2nd Foods**

Single ingredient (e.g., carrots allowed, peas & carrots not allowed)  
 3.5 or 4.0 oz jars of Beechnut or Gerber (including twin-packs)  
 None with added sugars, starches or sodium  
 None labeled organic or with DHA/ARA

**INFANT FRUITS - Stage 2 or 2nd Foods**

Single ingredient (e.g., apples allowed, apples & blueberries not allowed)  
 3.5 or 4.0 oz jars of Beechnut or Gerber (including twin-packs)  
 None with added sugars, starches or sodium  
 None with added cereal  
 No desserts (e.g., fruit cobbler)  
 None labeled organic or with DHA/ARA

**INFANT MEAT**

Single major ingredient of meat or poultry with added broth or gravy  
 2.5 oz jars of Beechnut or Gerber  
 None with added sugars or sodium  
 No combinations (e.g., meat and vegetables)  
 No infant dinners (e.g., spaghetti and meatballs)  
 None labeled organic or with DHA/ARA

**CEREAL** Minimum 11 oz box or bag

\*Designates Whole Grain  
 Cream of Wheat – 1, 2 ½ or 10 minute box of regular wheat, \*2 ½ minute box Whole Grain  
 Cream of Wheat Instant – 12 oz box of 12 – 1 oz packs  
 \*Cream of Wheat Instant Healthy Grain – 12.7 oz box of 8 – 1.59 oz packs  
 Cream of Rice  
 General Mills -- \*Cheerios, \*Cheerios – Dulce de Leche, \*Multi-Grain Cheerios, Corn Chex, Rice Chex, \*Wheat Chex, \*Fiber One Caramel Delight, \*Fiber One Honey Clusters, \*Kix, \*Honey Kix, \*Wheaties, \*Whole Grain Total  
 Kellogg's -- \*All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes, Crispix, \*Mini Wheats – \*Frosted Little Bites, \*Frosted Bite Size, \*Frosted Bite Size Touch of Fruit in the Middle – Mixed Berry, \*Frosted Big Bites, \*Unfrosted Bite Size, Rice Krispies, Rice Krispies – Gluten Free, Special K, Special K – Protein Plus  
 Malt-O-Meal – Crispy Rice, \*Frosted Mini Spooners, \*Strawberry Cream Mini Spooners, \*Blueberry Mini-Spooners, Honey and Oat Blenders, Honey and Oat Blenders with Almonds  
 Post -- \*Banana Nut Crunch, \*Grape Nuts, \*Grape Nut Flakes, \* Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, \*Vanilla Bunches  
 Quaker – \*Life, \*Oatmeal Squares – \*Brown Sugar, \*Oatmeal Squares – Cinnamon, \*Instant Oatmeal – Regular in 12 - .98 oz packs, Original Instant Quaker Grits in Regular Box or 12 – 1 oz packs, Real Butter Instant Quaker Grits in 12 – 1 oz packs

All Store Brands:  
 Corn Flakes  
 Crisp Rice, Crispy Rice  
 \*Toasted Oats, Tasteo's, Rollin Oats

**BREAD AND OTHER GRAIN PRODUCTS** Whole Wheat/Whole Grain Bread, Buns and Rolls in 12-16 oz:

Arnold or Orowheat – 100% Whole Wheat or Multi-Grain Sandwich Thins  
 Bimbo – 100% Whole Wheat Bread  
 Bunny – 100% Whole Wheat Bread  
 Healthy Life – 100% Whole Wheat: Soft Style ½ Loaf Bread, Soft Style Sandwich Buns, Soft Style Hotdog Buns  
 Merita – 100% Whole Wheat Small Bread  
 Nature's Own – 100% Whole Wheat: Bread with Honey, Hamburger Buns, Hotdog Buns, Sandwich Rounds  
 Pepperidge Farm – 100% Whole Wheat: Very Thin Sliced Soft Bread, Stone Ground Bread, Soft Hamburger Buns, Deli Flats  
 Roman Meal – Sungrain 100% Whole Wheat Bread  
 Sara Lee – Classic 100% Whole Wheat Bread, 100% Whole Wheat or Multi-Grain Thin Style Buns  
 Wonder Bread – 100% Whole Wheat: Soft Bread, Hamburger Buns, Hotdog Buns

Store Brands of 100% Whole Wheat Bread – Best Choice, Bi-Lo, Food Lion, Great Value (Wal-Mart), Kern's (Food City), Kroger

**Tortillas in 12-16 oz**

Chi Chi's – Fajita Style Whole Wheat  
 Manny's – Fajita Style Whole Wheat  
 La Banderita – Fajita Whole Wheat, Soft Taco Whole Wheat, White Corn  
 Mission – Whole Wheat, Yellow Corn Extra Thin

**Other Grains (in 12-16 oz packages)**

Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley  
 Instant, quick or regular cooking  
 No pearled barley  
 None labeled organic

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